

Statistics Report 09178, Mango, dried, sweetened

Report Date: June 30, 2017 14:54 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|-----------------------------|------|-------------------|----------------|------------|-----|-----|----|----|----|-----------|---|---------|------------------|
| Proximates | | | | | | | | | | | | | |
| Water | g | 16.60 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09044 | 02/2015 |
| Energy | kcal | 319 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated from nutrient label by NDL | -- | 02/2015 |
| Energy | kJ | 1336 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated from nutrient label by NDL | -- | 02/2015 |
| Protein | g | 2.45 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated from nutrient label by NDL | -- | 02/2015 |
| Total lipid (fat) | g | 1.18 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 02/2015 |
| Ash | g | 1.19 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 02/2015 |
| Carbohydrate, by difference | g | 78.58 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated from nutrient label by NDL | -- | 02/2015 |
| Fiber, total dietary | g | 2.4 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated from nutrient label by NDL | -- | 02/2015 |

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|------------------------------|------|-------------------|----------------|------------|-----|-----|----|----|----|-----------|---|---------|------------------|
| Sugars, total | g | 66.27 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated from nutrient label by NDL | -- | 02/2015 |
| Minerals | | | | | | | | | | | | | |
| Calcium, Ca | mg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated from nutrient label by NDL | -- | 02/2015 |
| Iron, Fe | mg | 0.23 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated from nutrient label by NDL | -- | 02/2015 |
| Magnesium, Mg | mg | 20 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated from nutrient label by NDL | -- | 02/2015 |
| Phosphorus, P | mg | 50 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated from nutrient label by NDL | -- | 02/2015 |
| Potassium, K | mg | 279 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated from nutrient label by NDL | -- | 02/2015 |
| Sodium, Na a | mg | 162 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated from nutrient label by NDL | -- | 02/2015 |
| Zinc, Zn | mg | 0.30 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 02/2015 |

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|--------------------------------|------|-------------------|----------------|------------|-----|-----|----|----|----|-----------|---|---------|------------------|
| Copper, Cu | mg | 0.300 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated from nutrient label by NDL | -- | 02/2015 |
| Manganese, Mn | mg | 10.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated from nutrient label by NDL | -- | 02/2015 |
| Selenium, Se | µg | 2.1 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 02/2015 |
| Vitamins | | | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 42.3 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated from nutrient label by NDL | -- | 02/2015 |
| Thiamin | mg | 0.062 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 02/2015 |
| Riboflavin | mg | 0.085 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated from nutrient label by NDL | -- | 02/2015 |
| Niacin | mg | 2.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated from nutrient label by NDL | -- | 02/2015 |
| Vitamin B-6 | mg | 0.334 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 02/2015 |
| Folate, total | µg | 68 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 02/2015 |
| Folic acid | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 02/2015 |
| Folate, food | µg | 68 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 02/2015 |
| Folate, DFE | µg | 68 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 02/2015 |

| Nutrient | Unit | Value Per100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|---------------------------------------|------|-------------------|----------------|------------|-----|-----|----|----|----|-----------|---|---------|------------------|
| Choline, total | mg | 23.7 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 02/2015 |
| Vitamin B-12 | µg | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 02/2015 |
| Vitamin B-12, added | µg | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 02/2015 |
| Vitamin A, RAE | µg | 67 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2015 |
| Retinol | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 02/2015 |
| Carotene, beta 1 | µg | 786 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2015 |
| Carotene, alpha 1 | µg | 11 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2015 |
| Cryptoxanthin, beta 1 | µg | 29 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2015 |
| Vitamin A, IU | IU | 1343 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2015 |
| Lycopene 1 | µg | 0 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2015 |
| Lutein + zeaxanthin 1 | µg | 52 | 1 | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 02/2015 |
| Vitamin E (alpha-tocopherol) | mg | 4.02 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated from nutrient label by NDL | -- | 02/2015 |

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|------------------------------------|------|-------------------|----------------|------------|-----|-----|----|----|----|-----------|--------------------------|---------|------------------|
| Vitamin E, added | mg | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 02/2015 |
| Vitamin D (D2 + D3) | µg | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 02/2015 |
| Vitamin D | IU | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 02/2015 |
| Vitamin K (phylloquinone) | µg | 13.2 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 02/2015 |
| Lipids | | | | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.287 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09176 | 02/2015 |
| 4:0 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09176 | 02/2015 |
| 6:0 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09176 | 02/2015 |
| 8:0 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09176 | 02/2015 |
| 10:0 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09176 | 02/2015 |
| 12:0 | g | 0.004 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09176 | 02/2015 |
| 14:0 | g | 0.039 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09176 | 02/2015 |
| 16:0 | g | 0.226 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09176 | 02/2015 |
| 18:0 | g | 0.013 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09176 | 02/2015 |
| Fatty acids, total monounsaturated | g | 0.439 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09176 | 02/2015 |
| 16:1 undifferentiated | g | 0.209 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09176 | 02/2015 |
| 18:1 undifferentiated | g | 0.235 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09176 | 02/2015 |
| 20:1 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09176 | 02/2015 |
| 22:1 undifferentiated | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09176 | 02/2015 |
| Fatty acids, total polyunsaturated | g | 0.222 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09176 | 02/2015 |

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|--------------------------|------|-------------------|----------------|------------|-----|-----|----|----|----|-----------|---|---------|------------------|
| 18:2 undifferentiated | g | 0.061 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09176 | 02/2015 |
| 18:3 undifferentiated | g | 0.161 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09176 | 02/2015 |
| 18:4 | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09176 | 02/2015 |
| 20:4 undifferentiated | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09176 | 02/2015 |
| 20:5 n-3 (EPA) | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09176 | 02/2015 |
| 22:5 n-3 (DPA) | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09176 | 02/2015 |
| 22:6 n-3 (DHA) | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | 09176 | 02/2015 |
| Fatty acids, total trans | g | 0.000 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated from nutrient label by NDL | -- | 02/2015 |
| Cholesterol | mg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated from nutrient label by NDL | -- | 02/2015 |
| Other | | | | | | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 02/2015 |
| Caffeine | mg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 02/2015 |
| Theobromine | mg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 02/2015 |

Sources of Data
¹M. Yano et al Quantitation of carotenoids in raw and processed fruits in Japan, 2005 Food Sci. Technol. Res. 11 1 pp.13-18

Footnotes
^a Some brands contain sodium metabisulfite.